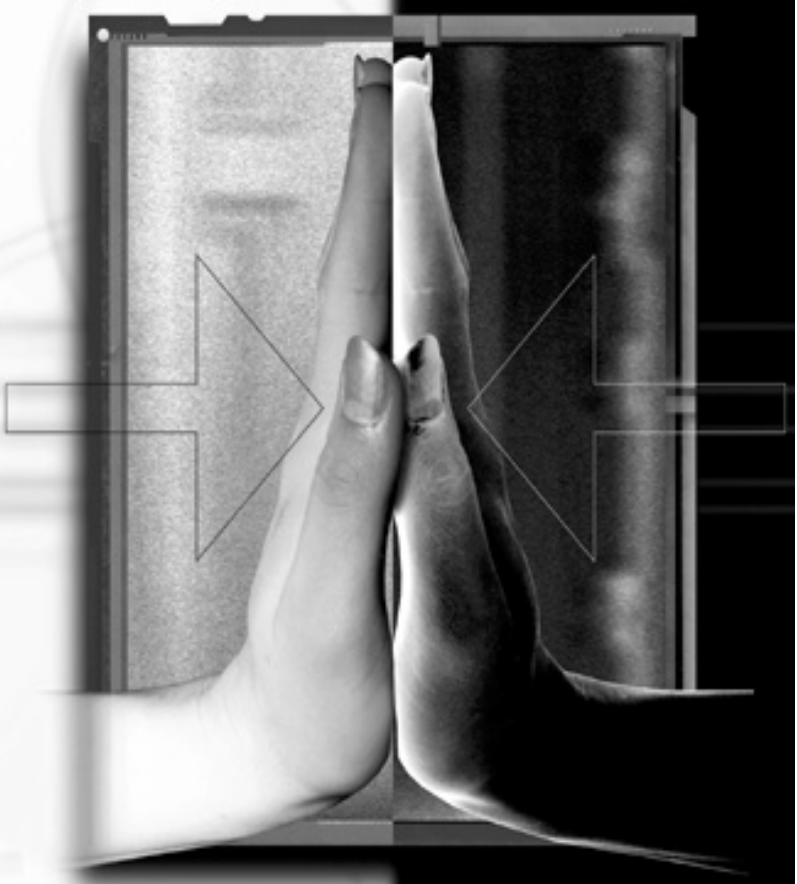
Gregg Braden's

Speaking the Lost Language of God

Awakening the Forgotten Wisdom of **Prayer, Prophecy,** *and the* **Dead Sea Scrolls**



A guidebook for creating more peace, cooperation, hope, and possibility

Nightingale Conant

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Introduction

Welcome to Gregg Braden's *Speaking the Lost Language of God: Awakening the Forgotten Wisdom of Prayer, Prophecy, and the Dead Sea Scrolls* program. This powerful new audio program gives you countless tools to assess, re-direct, and implement new strategies that will help you realize your life's desires.

This guidebook was created to help you change your perception from the perspective of actively "pursuing" your life's goals to one in which they manifest as an expression of your inner beliefs. As you move through the program, you will identify what success actually looks like to you and how you can create the kind of life that you want.

To gain the full benefits of the program, listen to each audio session at least twice, ideally three times, and then work on the corresponding chapter in this guidebook. Listening to the audio session several times allows its powerful concepts to sink into your subconscious mind. You will make more and more discoveries each time you listen.

Whether it's your first or fifth time through the program, be sure to keep a paper and pen handy so you can capture an idea that particularly appeals to you. Think about that idea as it relates to your relationships, work, and lifestyle. Then prepare a plan to act upon it in the days ahead. Whenever possible give yourself a deadline, and commit to following through on that deadline. Without implementing the action steps you have mapped out for yourself, this program simply becomes an exercise in listening.

Each chapter of the guidebook is divided into two sections—highlights (key points to remember) and exercises (questions that will help you identify what you want for your life). You can follow along in the guidebook as you listen to the program or you can simply refer to it when you would like to review specific ideas and techniques.

Are you ready to claim your life's desires?

Let's get started!

Session 1: History Points to Now

Highlights

- Gregg tells a touching story of a boy who re-connects with his father after his father's death. The boy connects with his father through an awesome power that permeates every cell of creation. This power is a field of unconventional energy that is sometimes called the "Mind of God."

- The energy field or the Mind of God has an intelligence that responds to human emotion and exists everywhere and is always present. We are only beginning to understand how we participate in the events in our lives and the events of our world through the Mind of God.

- This is an extraordinary time in history where the fate of the human race rests upon the choices of a single generation. Through modern technology, we can change our genetic code, create new life forms, affect weather patterns, etc. We are literally making choices that can destroy or preserve the human species.

- We now know how to use the powers of creation, but we are still learning the wisdom of what it means to use that power responsibly. In January 1999, the World Watch Institute released a study that identified humankind as the single greatest threat to our future survival.

- *Speaking the Lost Language of God* will reveal how we can apply the field of intelligence, the Mind of God, in our lives in terms of our health, relationships, jobs, families, careers, and the peace between nations.

Exercises

1. What were your cultural and religious traditions when you were growing up? What is your current relationship to them?

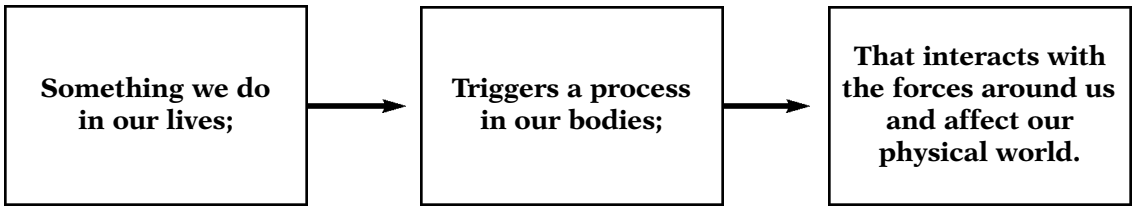
2. How we use technology has given new meaning to the way we see ourselves. Take some time to reflect on how current technology—cell phones, computers, cloning, etc.—affects your perceptions. Jot down a few of your thoughts.

Session 2: In Search of Original Wisdom

Highlights

- The "Wisdom of the Heavens" was given to the family of man on many occasions throughout history.

- Gregg illustrates, through the flowchart below, how the mystery of spiritual traditions and the secrets of science could actually be one in the same thing. Once we understand how this relationship works, events that occur in our life will no longer seem miraculous.


Something we do in our lives;
Triggers a process in our bodies;
That interacts with the forces around us and affect our physical world.

- Ancient cultures chose to work WITH the forces of nature to improve the conditions of their lives. Many cultures still live this way today. The Western culture attempts to manipulate the forces of nature in order to improve them, attempting to make our lives better.

- Two events, the burning of the Great Library of Alexandria and the removal of texts from Biblical records, had a massive impact on the lineage of wisdom that links our modern world with our past.

    1. The Great Library of Alexandria was the first library ever created for the sole purpose of preserving all of human history under one roof. According to records that were recovered, 400,000 mixed scrolls, 90,000 unmixed scrolls, and 42,000 unauthored scrolls were lost when the library was destroyed in a fire in 48 BC.

    2. In 325 AD, at least 45 books were removed from our modem day biblical text. For example, the book of Mary, two books of Jesus' childhood, and the letters of Herod and Pilate were removed from the text. And the ones that remained were condensed and rearranged into the story that we know today.

- This program will explore how the above flowchart links modern science and ancient spiritual traditions.

Exercises

1. How does the paradigm of "improving" aspects of your life rather than "accepting and integrating" them show up in your life? Take some time to write down all of the areas in which you are trying to "improve" yourself and your life.

2. Can you think of an event in your life that seemed like a miracle? Write down the details of that experience.

3. Would you like more detail about certain points in history? For example, would you like to know more about Jesus' childhood, Mary's life, or the letters of concern and regret that passed between Herod and Pilate after the death of Christ? Make a list of any historical figures that you would like more information on.

Session 3: Lost Words

Highlights

- Gregg introduces the Dead Sea Scrolls. He takes you on a journey back in time to the caves above the shores of the Dead Sea where these scrolls were found between 1946 and 1949. The scrolls were penned by the Essenes who first arrived on the shores of the Dead Sea about 500 years before the birth of Christ.
- Among other controversial documents, the oldest Hebrew books of the Torah were found among the Dead Sea Scrolls.
- Gregg discusses wonderful excursions that he took to Egypt, Tibet, and other places around the world that hold many ancient texts.
- Much of the information that was lost during the Biblical edits and in the fire tells us how powerful and how important feeling and emotion are in our prayers. The outward expression of the prayer is less important than the feeling that the ritual creates within.
- Many of us believe that saying the right words, the right number of times, at the right time of day is what is important about prayer.
- After the two great events, we lost our understanding of our relationships to the world around us, to one another, and to the cosmos beyond. The lost records actually left us the instructions of precisely how we implement these understandings in our lives.
- The implications of this tremendous loss of wisdom are vast. Today many of our scientific principles, our spiritual understandings, the way we view medicine, and our historic beliefs are based on incomplete records.

Exercises

1. Have you ever dreamed of journeying to any sacred places? Make a list of the destinations you would like to visit and the spiritual texts you would like to learn more about.

2. How do you currently pray? Describe how you feel inside when you pray.

Sessions 4 & 5: Forbidden Wisdom

Highlights

- The Hebrew book of Haggadah, the section entitled "Man and the World," indicates that man was the only species actually created by the hand of God. It stipulates that we are imbued with both human and angelic powers.

- The angelic powers we were given are speech, discriminating intellect, upright walk, and the glance of our eyes.

- We were given the creature powers to eat and drink, secrete waste from our bodies, propagate our species, and make choices to affirm or deny life in our bodies.

- When we honor the powers that are angelic and take care not to abuse our creature powers, we will experience more of our lives in the angelic realm.

- Gregg shares three recent experiments that scientifically validate the existence of an unconventional field of energy in our world:

    1. The *DNA Phantom Effect* experiment concluded that, through an unconventional field of energy, human DNA has a direct effect on the matter in our world.

    2. The *HeartMath Institute* experiment concluded that our feelings and emotions have a direct effect on the DNA, which is affecting the matter in our world through this field of energy. It showed that when the experimenter felt love, compassion, appreciation, forgiveness and understanding in his heart, his DNA relaxed and elongated itself. When the experimenter felt fear-based emotions (anger, hate, and jealousy), his DNA tightened. When DNA is relaxed or loose, there is more capacity for the immune system to function.

    3. The *INSCOM* experiment concluded that when we have an emotional response, our cells communicate through a non-local energy (an energy that exists everywhere all the time) with the world around us, and time and distance have no effect on this communication.

- These experiments suggest that we can choose a code of conduct in our lives that has a direct and measurable effect on the health of our cells. They show that human emotion produces effects that defy conventional laws of electromagnetism and their relationship to space and time.

- Because we are all linked through this non-local form of energy, we are empowered to participate with wisdom and discernment in the events of our lives, the healing of our bodies, and the peace of our world.

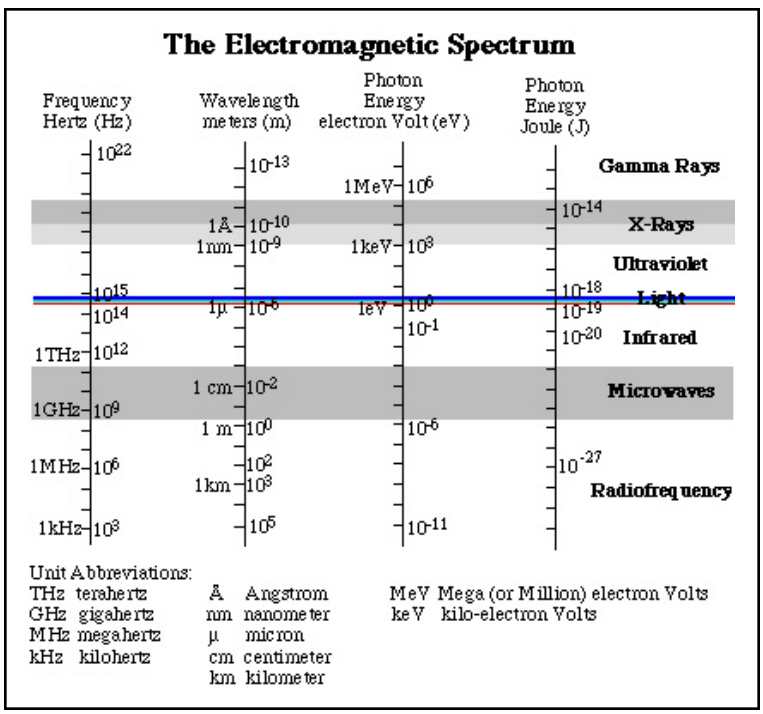
Exercise

1. One of our greatest challenges is finding a balance that honors both our angelic and human powers. Review the powers that were given to us. Take a moment to think about your life. What areas would you like to change in order to create greater balance in your life? What areas do you fully honor and need to acknowledge yourself for effectively practicing in your life?

Session 6: Science Confirms the Ancient Model

Highlights

- Scientists are beginning to look at the non-local field of energy as a tightly woven web.
- In 1887, the *Michelson Morley* experiment erroneously concluded that this field of energy did not exist. This experiment affected the scientific and engineering principles that we know today. Physics, chemistry, geology, and biology were based on the belief that events that happen in one place are discrete and independent from what happens in another place.
- The recently discovered field of energy (as described in Session 4) is called the Mind of God, the quantum hologram, or Nature's Mind. Whatever its name, it can be defined as the "stuff that lives in between the nothing."
- The concept of the quantum hologram is empowering because it shows us that each one of us is vitally important in the outcome of our lives and our world. The "little" choices we make in each moment become the answer to what we will experience in the future. Through the quantum hologram, the decisions you make are mirrored in the whole. We should become in our lives the very thing that we want to see mirrored back to us in the world around us.
- The quantum hologram appears to include electromagnetic energy, as it is understood today, in addition to highly refined forms of energy that are still being investigated. It cannot be seen or be measured by conventional scientific standards. The quantum hologram links us to one another, the healing of our bodies, the peace between nations, the weather, etc.



Exercises

1. Take some time to reflect on the choices that you are currently making in your life. How might they "holographically" be affecting the world at this time?

2. Make a list of how you are positively affecting your world and the world at large. Take time to acknowledge yourself for these contributions.

3. What things can you do in the seemingly insignificant moments of your life to experience more peace? List three choices that you can make in your life to assist yourself and the world as a whole to become more harmonious and balanced.

Session 7: The Power of Heaven in Bodies of Earth

Highlights

- Gregg shares an image of a man in prayer on the desert floor by Egypt's Mount Sinai. The man prays five times a day regardless of where he is or what he's doing. The man explains that when he is in prayer he feels connected to everything.

- When receiving the Nobel Prize in 1917, Dr. Max Plank stated that, as a man who has devoted his whole life to science, there is no matter as such. All matter originates and exists only by virtue of a force. Behind this force we must consider is a mind. This mind is the matrix of all matter.

- We are on the verge of marrying science and spirituality into a new wisdom. In 2002, scientist John Wheeler stated, "We are part of a universe that is a work in progress. We are tiny patches of a universe that is building itself along the way."

- Western scientists agree that there are four fundamental forces of nature or creation: (1) the force of gravity, (2) electromagnetic force, (3) strong nuclear force, and (4) weak nuclear force. We have direct access to at least three of these forces.

- The HeartMath Institute has identified an electromagnetic field that surrounds every human heart. This field extends at least five to eight feet beyond our bodies, possibly for miles.

- The super string theories of creation state that we live in a world of at least 10 dimensions. The higher we go into the dimensions, the less separate the four forces of creation appear to be. In fact, there is a point where they merge into one potent force. It appears that human emotion is the language that speaks directly to that realm. That's the place where we have access to the lasting healing of our bodies and peace of our world.

- When we feel the feelings that we would like to experience in this world as if they already exist, we literally speak the language to the fundamental life force that can breathe them into existence in our world.

Exercises

1. If you view this world as a work in progress, what would you like to contribute that you have not yet contributed?

2. Knowing that what you feel in your heart touches the world around you for several miles away, what transformations might you make in your life? Given this insight, try meditating each day for at least five minutes, envisioning yourself surrounded by white light, and see that light extending outward. Then take a few minutes and ask spirit how you are affecting the world. Remain quiet and listen for responses. Record any insights you gain in doing this exercise.

Session 8: Re-thinking the Physics of Time, Space, and Prophecy

Highlights

- Time has become a complex issue in today's world. We might ask ourselves, "Do we tell time, or does time tell us?"
- To illustrate that we can actually move beyond linear time as we know it, Gregg shares a story of a journey that he takes to the Egyptian pyramids. Gregg shares how time was actually compressed through the effortless experience of human heart-based feeling.
- In 1957, Dr. Hugh Everett introduced the concept of vertical time in which there are many layers of time and parallel universes. He said that there are choice points in which we are never locked into one particular outcome.
- Gregg suggests that perhaps none of the gloomy predictions were played out as we moved into the 21st century because enough people made the choice of peace and harmony as humankind entered into the collective choice point.
- We can focus our awareness in vertical time to make the quantum leap from one road to a new road of our choice. By doing so, we claim the experience that we want for ourselves, our families, our communities, and world. The science of claiming how we experience our lives is the science of navigating through the Mind of God.
- Through a process called remote viewing, we can project our awareness through space and time into a distant or future event.

Exercises

1. Have you experienced a situation where many hours that passed seemed like only minutes? Have you ever had an experience where time appeared to stand still? Describe your experience (what you were doing and how you felt).

2. What outcomes have you been predicting for your life that may be locking you into experiences that are not in your best interest?

3. Reflect on past powerful experiences in your life. How might your thoughts and feelings have influenced their outcome?

4. What were your feelings and mindset as we moved into the new millennium? What was the climate within your household and among friends and family? How might those environments have been mirrored in the world as a whole?

Session 9: The Mystery of the Great Isaiah Scroll

Highlights

- Gregg shares detailed information about one of the greatest finds among the Dead Sea Scrolls—the Isaiah Scroll. There are 66 books of this particular scroll upon which Isaiah shares his predictions of quantum possibilities that exist in the future.

- Isaiah describes a future vision in which he sees a huge cataclysm on the earth, but at the same time a period of healing prevails.

- Isaiah further predicts, "Within this mountain you will find a refuge for the distressed, shelter from the rain and heat. From this mountain the web that is woven over all nations will be destroyed." The word mountain was a symbolic reference used to represent a place called the heavenly Jerusalem. Fully translated, he is stating that, within a vision of peace, we will find refuge and shelter.

- This vision of peace is more than simply a phrase or a nice opportunity. Gregg interprets Isaiah's vision of peace as an internal technology in which we can focus from within our hearts and speak the language of God. In so doing, we can claim the experiences of healing and peace in our lives.

- When we choose to use our internal technology, we find the true path that allows us to implement the instructions that Isaiah left for us.

Exercises

1. What do you feel the world needs to take refuge from in order to experience peace?

2. Focus your awareness on the kinds of future experiences of peace that you would like to experience in your life. Meditate on this. Envision how your life would change. Take some time to write down your vision, including any sounds, sights, and feelings you experience in this peaceful world.

Sessions 10 & 11: The Lost Mode of Prayer: Ancient Instructions for Healing and Peace

Highlights

- The four modalities of prayer that are most commonly practiced in the West:

    1. ***Colloquial Prayer***—the informal kind of prayer where we speak to God in our own words, at times when we need spirit the most.

    2. ***Ritualistic Prayer***—the kind of prayer we use when we say a very specific set of prayers at a specific time of day or season (dinner blessings, before bed).

    3. ***Petitionary Prayer***—petitioning the powers that be for the betterment of our lives. "I claim the right to be healed now and in all."

    4. ***Meditative Prayer***—there are no words. We simply become aware of the presence that permeates the world around us and become a part of that presence.

- There is a fifth, or lost, modality of prayer that is referenced in ancient texts. In this style of prayer, you fully experience that which you desire.

- Gregg shares a story that illustrates the fifth mode of prayer during a ceremony of rain performed by a native healer named David. David described his prayer as feeling the conditions as if they already exist. He stated, "I'm feeling the feeling of rain. When I close my eyes I feel the feeling of standing in my village in mud puddles of rain, I smell the rain, I feel what it feels like to run through chest-high fields of growing corn."

- Gregg explains that when you pray FOR something, it will not happen. In praying FOR something, you are actually reinforcing to the divine the condition that we came here to change.

- The quantum hologram, which is an intelligent field of energy that responds to human emotion, is mirroring what we feel in our hearts in our outer world.

- In the lost modality of prayer, the feeling *is* the prayer. This type of prayer shows that we are part of nature and we have the language—a nonverbal language of coherent emotion—to change the events of our life and the world around us.

- From an Essene text, here is a literal description of the power that is within each of us:

  > *"Three are the dwellings of the sons and daughters of a man. When these three become as one, you will say to the mountain, 'mountain move' and the mountain will move."*

- The three dwellings described in the scroll are thought, feeling and body. The ancient scroll is telling us that when we marry our thoughts and emotions into coherent heart-based feelings, there is a direct and measurable effect on the world around us.

- Thought in and of itself has very, very little power. Feeling is the union of thought and emotion.

- Gregg cites an example of a friend who hung affirmations all over his home, but believed that no one would want to be his partner. His emotions did not match the affirmations, so they did not work. If your thought and emotion do not match one another, the manifestation of your desires will not happen.

- Gregg presents the thoughts of war as an example of how we can change our feelings to transform an experience. If you think the thoughts of war and experience feelings of "hating" war, the effect would not necessarily be a positive one. However, if you choose to have loving feelings about life in general as you think of war, you'll create a very different kind of feeling and experience.

Exercises

1. Which modalities of prayer do you practice? Do you find any particular style of prayer most beneficial for you?

2. Is there something you have been praying for in your life, but have not received? Choose an issue that you are struggling with and try the fifth mode of prayer. Write about your sensations as you experience this prayer.

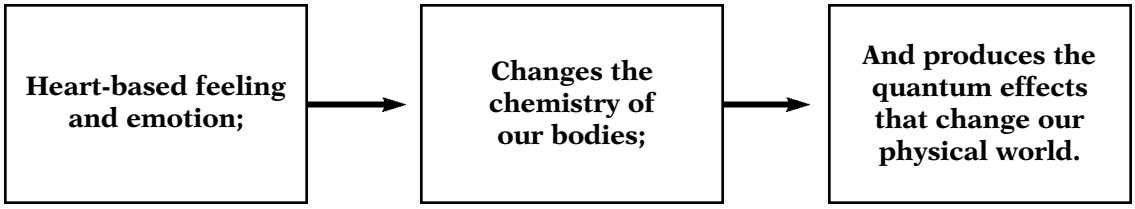
3. Practice feeling compassion for something that you typically dislike or fear (such as war). Make a note of your experience.

4. Take some time to review your life. Is there something that you wish to manifest, but deep down believe that you don't have a right to have? Explore your beliefs and emotions around this issue and journal about them.

Session 12: Secrets of Prayer and Healing

Highlights

- The two words that best describe the kind of feelings that optimize the chemistry in our bodies are appreciation and gratitude.
- Buddha and Jesus Christ are models for the power of becoming compassionate, gracious, loving, and appreciative. Their lives exemplify how these qualities change the world around us.
- Gregg reminds us that the feeling is the prayer. Since we always feel something, we are engaged in a modality of prayer in every moment of our lives.
- Gregg tells a true story about a woman's tumor being "dissolved" in a medicineless hospital in China. Three practitioners felt the feeling in their bodies as if the woman's body was already fully healed. By feeling this they brought the life force into their bodies, knowing that her body would mirror theirs. They then said a mantra that reinforced the feeling that the woman was already healed. The tumor disappeared in less than three minutes. The hospital had a 90% success rate using this kind of technique.
- Based on the scientific knowledge that $E=MC^2$, Gregg asserts that if energy and matter are interchangeable, then feeling and experience are interchangeable. We must be able to feel that something will happen in our lives to bring the energy of it into being.
- A signal is generated within our hearts that goes directly to our brains. This signal tells our brains whether to create life-affirming or life-denying chemistry in our bodies. In other words, there is a dialogue going on every moment of every day between our hearts and our brains based on what we are feeling in our hearts.
- The flowchart below represents a science—the relationships are consistent and predictable.


Heart-based feeling and emotion;
Changes the chemistry of our bodies;
And produces the quantum effects that change our physical world.

- In each moment, we may choose how we respond to the events in the world around us. When we do, we gain the power to participate in how those events play out in our world.

- The Four Secrets of Prayer and Healing:

    1. We are already healed and peace already exists in our world (exists within the understanding of vertical time). We must claim the experience by feeling as if it already has come true.

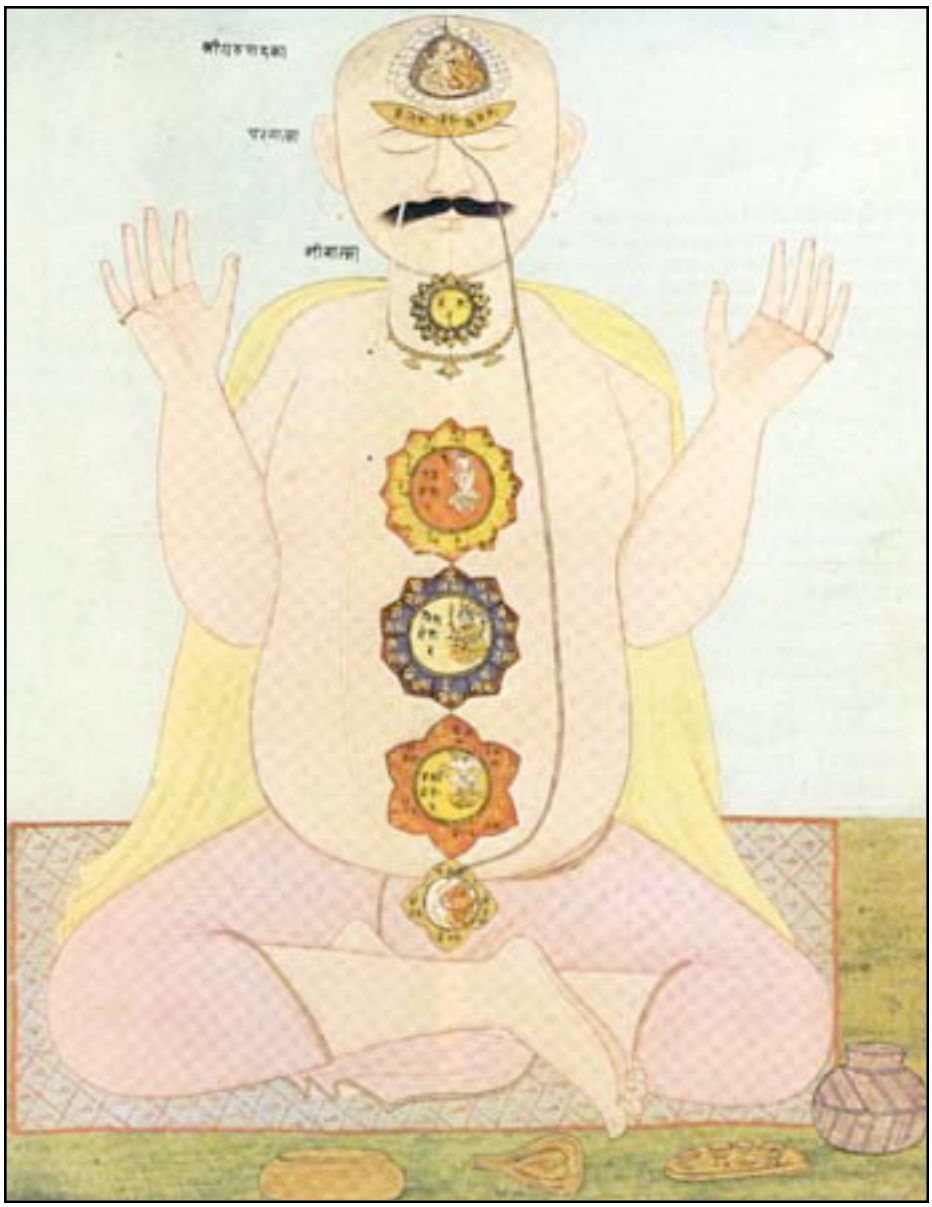
    2. Although we may believe that there are many people in our world today (6.2 billion), there is really only one of us here. Each of us is holographic in nature. Every time one of us finds a new way to respond to the conditions in our lives, the collective benefits from our choices. As many people come together with a common choice, the Mind of God will mirror that back to us in the world.

    3. The ancient Essenes said to us that the most powerful moment in our day is the time between the inhale and exhale of a breath. That's because when we inhale something is happening, and when we exhale something is happening. The moment in between is the space where nothing is happening and it opens the door of all possibilities.

        > In every moment of our lives we are choosing life-denying or life-affirming choices and the world around us is mirroring those choices. Your world is mirroring what you have become from within.

    4. Non-denominational feeling-based prayer is the language of creation. We have feelings as we interpret our experiences and those feelings are a language we project into the field. The events of our lives align themselves with the field, which plays them back to us.

- As you drive by an accident, instead of hoping the person involved in the accident is not hurt, see yourself as a part of the individual in that vehicle. Express feelings of healing and appreciation towards the accident, knowing that this will create greater good in the circumstance.



An ancient chart of the chakra system.

Exercises

1. Do you believe in alternative healing? What thoughts or feelings surface when you hear about the healings that occur in the medicineless hospital? Write them out and take some time to meditate on them.

2. Do an inventory of your feelings. What do you feel most throughout your day? How much of your day is filled with worry, stress, anxiety, sadness, anger, or grief? How can you create more feelings of gratitude, appreciation, joy, and peace in your life?

3. What are you currently feeling in your heart at this moment? Remember, the dialogue within your body changes the chemistry in your brain. If you are feeling negative emotions, can you make the choice to change them? If not, why not? What are you gaining by holding onto such self-destructive emotions?

4. Are you currently making life-affirming or life-denying choices? How are you caring for your physical, mental, and spiritual health? Make a list of any life—denying choices that you are currently making.

Session 13: The Evidence

Highlights

- When we are feeling hurried, anxious and stressed, we often experience delays and further anxieties that are mirrored to us in the "outer" world.
- Book II in the Books of the Essenes states, "My children know you not that the earth and all that dwells therein is but a reflection of the kingdom of the Heavenly Father."
- Maharashi Yogananda stated that when we look into the world around us and we see violence or things we don't understand, they are the expressions of stress in the collective consciousness.
- Modern experiments suggest that when stresses are relieved in a group or community, they are registered far beyond that group. For instance, research conducted in Chicago and a study called *The International Peace Project in the Middle East* (The Journal of Conflict Resolution, Volume 32, Number 4, December 1988) provided evidence that if at least the square root of 1% of a given population experiences peace and releases stress in their bodies, the entire population begins to mirror that experience. In a city of 1 million people, 100 people are required.
- Given the evidence of the exponential power of positive feelings over negative ones, the next time you experience anger, guilt, shame, fear or any other negative feelings, change your mind and your feeling. You'll not only change your experience, but you'll change the experience of those around you.
- In the *Global Consciousness Project*, Princeton University researchers Dean Raden and Roger Nelson discovered that certain electronics are affected by changes in human consciousness. They experimented with those devices during the change of the millennium. There was clear evidence that the prayer vigils and celebration that were expressed affected the readings of the devices.

Exercises

1. Quiet your mind and really feel the life that you desire. Appreciate that as you do this exercise, you are creating those desires in your life and in the world at large.

2. What are the stresses that currently exist in your community? What choices can you make in your personal life that will ease this stress in your community?

3. Could you commit to doing a peace prayer for five minutes each day for a month (or more) in which you envision the earth as a place of deep, joyful peace? Journal about your experiences and insights as you practice this exercise.

Session 14: Speaking to the Mind of God

Highlights

- If we continue to view the world in terms of "us" versus "them," we may perpetuate the kind of conflicts that we are experiencing now. From the perspective of the quantum hologram, there is no "them" and "us." There is only "we," and we are holographic.
- There are many different ways to look at the world and to address a problem. We can use different methods to work toward the goal of peace, or any goal for that matter.
- The field of energy that Western science has recently discovered sounds very, very similar to the creative force described by our ancestors throughout ancient traditions. It sounds like the presence of God.
- Native traditions tell us that there was a time when we lived our lives very differently from the way we live today. We understood our relationship to the forces of nature and the world around us. And we interacted with those forces in responsible, wise, and caring ways. But over time we began to stray from the path and we lost our understanding of those relationships.
- To get an idea of how much power we have within our bodies, consider that every one of our 50 trillion cells has 1.17 volts of electrical potential. Every cell is a capacitor—it stores and releases energy.
- Once we recognize the power we have, we will return to our original path and the world around us will be greatly simplified. We will work the forces of creation to become active participants in what we experience in our lives.

Exercises

1. What are you doing with the precious time you have been given to work toward the goal of peace?

2. As you look around the highly technological world that we've built, ask yourself if you are happy in this world. Does this world really serve us? Jot down your thoughts.

3. Now that you understand the relationships between your thoughts, emotions, feelings, body and the forces of creation, how will you use this knowledge to create the life you want?

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